

SUMMER PRODUCE



WATERMELON

Rich in lycopene, an antioxidant with many health benefits, including sun protection, improved heart health and a lower risk of certain types of cancers



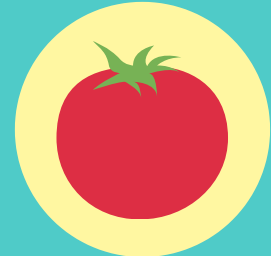
CORN

Contains essential minerals such as Zinc, Magnesium, Copper, Iron, and Manganese!



STONE FRUIT

An excellent source of Vitamin C, which helps the body fight infections as well as Fiber that aids in the digestive system.



TOMATO

High in Vitamin K, which helps heal wounds as well as Calcium, for bone health.

Pick up summer produce at the Farmers' Market! Why shop at a Farmers' Market?



- ✓ Fresh, local and in season produce that tastes great!
- ✓ Support local farmers and the local economy!
- ✓ Try new produce and learn cooking tips from the farmers!
- ✓ The downtown SLO market (Thurs night) accepts EBT Benefits!

SUMMER RECIPE: RED, WHITE AND BLUE CAPRESE SALAD

INGREDIENTS:

- 1 pint blueberries
- 2 pints cherry tomatoes
- fresh basil
- balsamic vinegar
- olive oil
- salt and pepper
- firm mozzarella cheese



1. Wash blueberries and cherry tomatoes and drain well in a colander. Halve cherry tomatoes and toss in a serving bowl with blueberries, set aside.
2. Slice mozzarella cheese into 1/4 or 1/2" slices and then cut into small stars with a cookie cutter (optional).
3. Top the tomatoes and blueberries with the star cheese.
4. Tear fresh basil over-top and drizzle with olive oil and balsamic.
5. Season with salt and pepper and serve immediately.

FOR MORE SUMMER PRODUCE INFO, VISIT [SLOFOODBANK.ORG/NUTRITION](https://slofoodbank.org/nutrition)